



Healthful Eating: A Cookbook for Those with Candida, Celiac Disease & Diabetes

Lynette Hall

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America has become a fast society. Fast food, fast medical fixes with antibiotics and fast paced living with little to no exercise. The result is more people with Candida and Celiac disease, expanding waistlines and Diabetes on the increase. Eating to control these diseases has been a lifetime of blandness followed by bouts of cheating for some variety and taste. No longer. This cookbook features over 200 recipes full of taste and variety that meet those dietary needs. Gourmet cooking is a passion of Lynette Hall. She studied America's great cooks and developed dishes from soups to nuts with everything in between. Her diagnosis with Candida started the development of this book. These recipes fit a busy lifestyle, the diet restrictions and are easy to prepare, most in 30-40 minutes. Variety abounds from American favorites to ethnic cuisine and a section devoted to condiments. Create your own catsup, mayonnaise and more!"Ms. Hall's book is a giant leap forward for families who know diet is health. Lynette's wheat free, dairy free, stevia sweetened recipes are unique and healthful for all of us, yeast infections or not. We will enjoy these recipes for years to come."- Dr. Conrad Maulfair, D.O.

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